



The City of Whitehorse
PRESS RELEASE

Contact: Lisa-Marie Vowk
Activity Coordinator, Canada Games Centre
Lisa.vowk@whitehorse.ca
Ph: 867-668-8677
Fax: 867-668-8675

FOR IMMEDIATE RELEASE
January 24, 2008

Release: 2008 - 01

KICK OFF "HEART MONTH" WITH THE 2008 SUPER SWEAT!

A two-hour mega fitness class will be held at the Flexi hall at the Canada Games Centre on Saturday, February 2, 2008 from 1:00-3:00pm.

February is "Heart Month" and the City of Whitehorse Parks & Recreation and Better Bodies Cross Training Centre, are pooling their resources to offer an afternoon of fun and fitness for a cause that is near to many of our hearts. Eleven fitness instructors are combining their energy and talent for 120 minutes of fitness, fun, and prizes - all in support of the Heart & Stroke Foundation.

Promoting heart health is important in building a healthy community says Mayor Bev Buckway, who has been a participant and strong supporter of the annual Fit for Heart campaign. "This event presents a wonderful opportunity for people to improve their fitness level and to raise money for a worthy cause. I think everyone knows of friends or family who have been affected by heart disease or stroke."

Participants will have the opportunity to try out a series of energizing exercise sessions throughout the two hour fitness event, including yoga, Nia, Feldenkrais, step aerobics, cardio-kickboxing, and cardio-core interval work throughout the two hours. All levels of ability are welcome.

The entry fee is \$10 per participant, with 100% of the proceeds going to the Heart and Stroke Foundation. Pledge envelopes can be picked up at the Canada Games Centre and Better Bodies and returned the day of the event.

End

